

Abstract of the Disclosure

A straddle stretching apparatus comprises a seat on top of a support frame and leg support wings which extend from opposite sides of the seat and move outward and upward away from the support frame as a handle at the top of the base is rotated. The handle attaches to rotating means which has struts extending from opposite sides that attach to the side of the leg support wings. The stretching apparatus is used to stretch the muscles of the lower and upper body including the legs, lower back and upper body. Stretch straps are provided on the side of the leg support wings to assist the user in a stretching exercise.